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Meat and Bean Group: Go Lean with Protein [Facilitator's Guide]

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NEP-205FG

MEAT AND BEAN GROUP

Go Lean with Protein

Lesson Goals

After this lesson, participants will:

- Understand why meat, poultry, fish, dry beans and peas, eggs and nuts, and seeds are an important part of the daily diet.
 - Identify foods that are part of the Meat and Bean Group (Protein Group).
 - Know the amount of foods from the Meat and Bean Group that USDA Dietary Guidelines recommend for her daily.
 - Identify ways to save money when buying foods in the Meat and Bean Group.
 - Demonstrate how to cut up a whole chicken into parts for cooking.
 - Try a new, healthful method of cooking or serving a meat or meat alternative.
 - Describe at least one way to cook less expensive, lean meats to make them more tender and flavorful.
 - Identify the number of servings per pound to expect from different types of meat.
 - Identify proper storage methods for raw and cooked meats and meat alternatives.
 - Explain safe ways to thaw frozen meat, poultry, and fish.
 - Know safety measures for consuming locally caught fish.
 - Identify soaking and cooking procedures for dry beans.
3. Check local grocery store prices for good buys in meat, poultry, and fish. Clip food ads to use in teaching.
 4. Collect packaging from prepared foods in the Meat and Bean Group that shows fat, saturated fat, unsaturated fat, calorie, and cholesterol content.
 5. Collect food models and nutrient comparison cards to teach the homemaker serving sizes and good sources of protein.
 6. Practice cutting up a whole chicken into pieces.
 7. Plan how you will teach this lesson.

Teaching Tools

For homemakers:

- *Meat and Bean Group, Go Lean with Protein* (NEP-205)
- *How Much Is Enough* (NEP-205A)
- *Are You Prepared?* (NEP-205B)
- *MyPyramid Worksheet* (NEP-201C)
- *How to Cut Up a Whole Chicken* (ENP-61)
- *Wild Game; From Field to Table* (FN-SSB.044)
- Food models
- Nutrient comparison cards
- Newspaper food ads
- Packaging from various foods in the Meat and Bean Group
- Cookbooks
- Recipes for foods from the Meat and Bean Group

Before Teaching the Lesson

1. Read:
 - *Meat and Beans, Go lean with protein* (NEP-205),
 - *How Much Is Enough* (NEP-205A)
 - *Are You Prepared?* (NEP-205B).
2. Check the homemaker's "24-Hour Food Recall Record" and checklist/behavior survey.
 - Does she include a variety of foods from the Meat and Bean Group?
 - Does she make economical choices and frequently use meat alternates?
 - Does she serve and prepare foods from the Meat and Bean Group in a variety of ways?



- Food and nutrition calendar
- Kentucky Fish and Wildlife Information Line: 800-858-1549
- "24-Hour Food Recall Record"
- "Meat and Beans" PowerPoint® presentation or flip chart
- *Seasonal Menus* (NEP-SBB101-104)
- Checklist/behavior survey

For youth:

- LEAP for Health (3-5 year olds)
- The Organwise Guys:
 - Organ Annie (3-5 year olds, K-3rd grades)
 - "How to Be Smart from the Inside Out" (3rd-5th grades)
 - "Basic Training for Better Health" (3rd-5th grades)
 - "The Healthy Heart Challenge"" (3rd-5th grades)
- Fantastic Foods 4-H Curriculum
 - "Tasty Tidbits" (5th-6th grades)
 - "You're the Chef" (7th-8th grades)
 - "Foodworks" (9th-12th grades)

Lesson Points to Stress

1. The key nutrients provided by the Meat and Bean Group include protein and iron.
2. Protein is important for every part of the body. It is used to build new tissues when you are growing. It repairs tissues such as hair, skin, and nails. Protein is also important for fighting infection, for digesting foods, for balancing water, and for other vital body activities.
3. You need iron to help form red blood cells. Iron in the blood helps carry oxygen to the body's cells.
4. Some foods in this group are better sources of the key nutrients than others. Some are sources of saturated fat, cholesterol, or contaminants. This is why it is best to meet protein needs with a variety of foods.
5. Foods in the Meat and Bean Group include:
 - All types of meat
 - Poultry
 - Fish and shellfish
 - Wild game
 - Dry peas and beans
 - Eggs
 - Nuts and seeds
 - Peanut butter
6. The USDA's Dietary Guidelines recommend different amounts of foods from the Meat and Bean Group for different people, based upon their caloric needs. Homemakers should visit <http://www.MyPyramid.gov> or complete *My-Pyramid Worksheet* (NEP-201C) to find out the best amount of foods from the Meats and Bean Group for them. Many people eat too much from this food group and their bodies burn the extra protein for energy or turn it into fat. This is a waste of protein and grocery money and can overwork body organs.
7. One serving may be 2 or 3 ounces of cooked lean meat, poultry, or fish. One egg, ¼ cup dry beans, and 1 tablespoon of peanut butter are the equivalent of one ounce of lean meat.
8. Fish is a low-fat source of high-quality protein. Most fish are healthy to eat. However, locally caught fish may contain low levels of contaminants such as mercury. Women of childbearing age and children under 7 years old should limit consumption of locally caught fish to once per week. Adult men and other women need not limit consumption.
9. Meat is one of the most costly food items. However, a careful shopper can feed a family well on a limited budget and still provide the needed protein.

NEP-205A

1. Save money by limiting serving sizes and by frequently using less expensive protein sources, such as beans, peanut butter, and eggs.
2. Save money by turning leftovers into casseroles, soups, stews, salads, and sandwiches. Use meat bones and poultry wings and necks to make stock for soup.
3. Fresh meats and other animal foods spoil quickly. They should be stored in the coldest part of the refrigerator (on a low shelf, toward the back). For longer storage, rewrap and freeze meat, fish, and poultry immediately after buying or cooking.
4. Store dry beans and canned beans in the cupboard. After opening peanut butter, store in the refrigerator.

NEP-205B

1. Cheaper cuts of meat have the same nutrients but can be less tender and require moist heat cooking methods.
2. To make meat tender, slowly stew it in liquid over medium to low heat, pound it with a meat mallet, or marinate it in a liquid containing pineapple or tomato juice. Meat can also be ground or chopped into small pieces to make it more tender.

- For lower calorie choices in the Meat and Bean Group, frequently select chicken, turkey, fish, and beans. Avoid frying and serving with gravy.

Ideas for Teaching the Lesson

- Before teaching the lesson, review what you taught the homemaker on your last visit.
 - What information has been used?
 - What new things have been tried?
- Ask the homemaker to name her family's favorite foods from the Meat and Bean Group. Help her figure cost per serving and determine if she is getting the most protein for her dollar. Use the prices you collected or food ads. Compare different forms of protein foods (for example, whole chicken vs. chicken parts).
- Use food models to emphasize serving size. Weigh out 2 to 3 ounces of cooked meat or spread 1 tablespoon of peanut butter on a slice of bread. Stress the importance of controlling serving size and the total number of servings to save money and calories.
- Make a flip chart or use nutrient comparison cards to discuss key nutrients found in the Meat and Bean Group. Show the PowerPoint® presentation "Meat and Beans" or use the flip chart.
- Discuss methods, other than frying, for preparing meat, poultry, and fish: stewing, baking, broiling, roasting, or barbecuing.
- Using the seasonal menus, or ones the homemaker has prepared, figure out how much meat, fish, or poultry she should buy to feed her family. Refer to the "Meat Purchasing Guidelines" in NEP-205A.
- Discuss the importance of using cost per serving rather than cost per pound as a guide when shopping for meat.

Ideas for Teaching Small Groups

- Demonstrate how to cut a whole chicken into pieces or a large roast into stew meat and a pot roast.
- Demonstrate several ways to tenderize tough cuts of meat.
- Demonstrate a recipe. While demonstrating the recipe, discuss storage, preparation, and cost-saving tips related to foods in the Meat and Bean Group.
- Make an exhibit showing serving sizes for foods in the Meat and Bean Group. Use food or food models. Post a sample one-day food recall, and see if the group can score it for total servings in the Meat and Bean Group.

- Use an audio-visual on selecting or preparing different kinds of meat.

How to Tell What the Homemaker(s) Learned

Immediately following the lesson:

- Ask each homemaker how she thinks food from the Meat and Bean Group contributes to good health.
- Ask the homemaker how much she should be eating from the Meat and Bean Group.
- Present each homemaker with a variety of food models and ask her to select foods belonging to the Meat and Bean Group.
- Present each homemaker with several choices and ask her to select the best buys for protein.

At a later visit:

- Review the homemaker's "24-Hour Food Recall Record."
- Does she include a variety of foods from the Meat and Bean Group?
- Does she show evidence of controlling serving size?
- Has she used a variety of healthful preparation methods?
- Ask the homemaker if she has tried any of the recipes you provided.
- Ask the homemaker what changes she has made in her buying habits of foods in the Meat and Bean Group.
 - Is she tenderizing the tougher cuts of meat?
 - Is she frequently using meat alternates, such as eggs, dry beans, or peanut butter?
 - Is she buying large cuts of meat and being her own butcher?
- Observe how the homemaker is storing meats. Is she using recommended methods?
- How far does the homemaker travel to the grocery? Does she keep protein foods cold during the travel time?

Revised by Kathy Daly-Koziel, former EFNEP Coordinator

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